

30 Prayer Prompts for Anxiety

Honest prayers for when your heart is overwhelmed.

These prompts are not formulas. They are doorways.
Each one is an invitation to bring what is real to the God who already knows.

Use one prompt each morning. Return to the same one for a week.
There is no wrong way to begin.

Prayer Habits Press
prayerhabits.org

How to use this resource

Each prompt is a starting point — not a test. You don't need the right words. You don't need to feel calm before you begin. Anxiety often makes prayer feel impossible, and that is exactly why these prompts exist.

The six sections move from surrender and lament toward Scripture, gratitude and quiet resolve. But you don't need to follow the order. Find the section that fits today.

Write freely. Pause often. Return tomorrow.

Surrender & Release

PROMPT 1

What am I holding tightly right now that I haven't given to God?

PROMPT 2

Lord, I don't understand what's happening. Help me trust You anyway.

PROMPT 3

What would it look like to release this worry — not solve it, just release it?

PROMPT 4

Write out your fear honestly. Then write: "Even so, You are with me."

PROMPT 5

Where have You carried me before, God? Remind me of that now.

Presence & Peace

PROMPT 6

God, what do You want me to notice today instead of my anxiety?

PROMPT 7

Where do I feel Your peace right now, even if it's small?

PROMPT 8

"Be still and know." What does it mean for me to be still today?

PROMPT 9

Write a prayer that begins with: "You are here, and that means..."

PROMPT 10

What does rest in You feel like — and when did I last experience it?

Honest Lament

PROMPT 11

God, I'm struggling to believe You see this. Can I tell You why?

PROMPT 12

What am I afraid to admit to God? Write it out — He already knows.

PROMPT 13

Where does anxiety make me feel alone? Bring that loneliness to prayer.

PROMPT 14

Write an honest sentence that begins: "Today I'm not okay because..."

PROMPT 15

David cried out in his psalms. What would your honest psalm sound like today?

Scripture-Anchored

PROMPT 16

Read Philippians 4:6–7. What is one thing you haven't presented to God yet?

PROMPT 17

"I sought the Lord and He answered me." (Ps 34:4) What are you seeking right now?

PROMPT 18

"Cast your anxiety on Him because He cares for you." (1 Pet 5:7) What is hard to cast?

PROMPT 19

Write Psalm 23:4 in your own words, for your situation today.

PROMPT 20

Isaiah 41:10: "Do not fear, I am with you." Rewrite this as a personal prayer.

Gratitude as Resistance

PROMPT 21

Name three things that are true and good, even inside the hard thing.

PROMPT 22

What has God provided this week that anxiety made me overlook?

PROMPT 23

Write a prayer of thanks — not for the anxiety, but despite it.

PROMPT 24

What small mercy did today hold that I almost missed?

PROMPT 25

Who has God placed near me in this season? Thank Him for them by name.

Moving Forward

PROMPT 26

What is one step — just one — that feels faithful today, not fearless?

PROMPT 27

What would it look like to obey God in this area, even while afraid?

PROMPT 28

God, what do You want to grow in me through this anxious season?

PROMPT 29

Write a short prayer of commitment: "Today I choose to trust You with..."

PROMPT 30

End with this: What is one thing you believe about God that anxiety cannot change?

*These prompts were created by Prayer Habits Press.
If this resource helped you, our 90-Day Prayer Journal continues the practice.
prayerhabits.org*